



Staying Fit: The Ultimate Rightsizing

SHAPE Info

It's time to get into SHAPE!

All events are sponsored by SHAPE / Navy Wellness

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ID Theft Prevention

On 20 Sep 06, Carlos Morales, Chief Investigator will lead our ID Theft Prevention Seminar in deFlorez Multi-Purpose Room, 1200-1230.

Would you give a stranger the keys to your home? Of course not - just as you would not allow a stranger to use your credit card to charge thousands of dollars to your account. Learn how to guard your credit card information, the various methods a thief uses to obtain that information, and what to do if you become a victim of credit card fraud.

Pre-register by sending your name, phone number, office code/symbol to "shape@peostri.army.mil" This seminar is open to all center contractors and family members. If family members attend, you will need to complete a Security Access Request. Walk-ins are welcome.

Reduce Cholesterol Naturally Without Drugs

Oviedo Family Chiropractic will lead this Seminar on 27 Sep 06, 1200-1230, in deFlorez Multi-Purpose Room. Even if you don't have high cholesterol now, you may develop it in the future. Learn what is cholesterol, how does it lead to heart disease, what is modern medicine doing, and natural remedies you can utilize.

Pre-register by sending your name, phone number, office code/symbol to "shape@peostri.army.mil" This seminar is open to all center contractors and family members. If family members attend, you will need to complete a Security Access Request. Walk-ins are welcome.



CPR / AED Class: On 13 Jul 06, Gary Ashland performs CPR on Annie.

Photo taken by: Shelley Kaufeld

SHAPE's Co-Ed Volleyball Challenge

On 12 Oct 06, SHAPE / Navy Wellness will sponsor our 3rd annual Army / Air Force versus Navy / Marine Corps **Co-Ed Volleyball Challenge**. It's time for both teams to get ready for the big volleyball game!! Game time begins at 1530, at deFlorez volleyball court (between deFlorez and deFlorez Annex, north of pond). Encourage fan support!!

If you are interested in joining a team, contact the team leads:

Army / Air Force: Gene Strickland
Gene.Strickland@us.army.mil

Navy / Marine Corps:
Senior Chief John Tabor
John.Tabor@navy.mil

Go ARMY / Air Force!!
Go NAVY / Marine Corps!!

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Research Park "Joint Service" 2-mile Run / Walk

Please make plans to attend the AFAMS-sponsored Research Park "Joint Service" 2-mile Run / Walk on second and fourth Friday of each month at 0700 (December will change to afternoon). Location will be Blanchard Park (please use the Rouse Road gate). The park is located on Rouse Road (between University and E. Colonial). You may park in the YMCA parking lot. The event will begin where the Running Path begins near the basketball courts.

AFAMS cordially invite participants from our Army, Navy and Marines organizations to join us! Everyone is encouraged to participate whether you run, jog, walk or crawl! You know your limitations, so please come out and join your Research Park Joint Service family! Running will commence promptly at 0700. Stretching and warm-up will be at 0650, encourage you to participate in the stretching exercises.



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Pet Disaster Preparation / Pet Safety Seminar

On 30 Aug 06, Vanessa Bouffard, Orange County Animal Services, will lead our Pet Safety Seminar in deFlorez 1061, 1200-1130.

Consider adopting a new family member!!!

Pre-register by sending your name, phone number, office code/symbol to "shape@peostri.army.mil" This seminar is open to all center contractors and family members. If family members attend, you will need to complete a Security Access Request. Walk-ins are welcome.

Cancer Prevention

Oviedo Family Chiropractic will lead this Seminar on 18 Oct 06, 1200-1230, in deFlorez Multi-Purpose Room. Cancer is the second leading cause of death in the U.S. Come learn the pros and cons of both traditional and alternative treatments while learning ways to help prevent this dreadful disease.

Pre-register by sending your name, phone number, office code/symbol to "shape@peostri.army.mil" This seminar is open to all center contractors and family members. If family members attend, you will need to complete a Security Access Request. Walk-ins are welcome.



NOTE: The opinions expressed in these articles in this SHAPE Info are those of the author. They do not necessarily represent those of PEO STRI, AMC, the Department

Tai Chi Chuan

SHAPE / Navy Wellness is offering a **free** beginning Tai Chi Chuan class. The first class session will be Tuesday, October 3. Classes will be held 1140-1230 on Tuesdays and Thursdays. The location for the classes is the north end of the deFlorez reflecting pond (near the volleyball courts). You can join this class anytime up through the Thanksgiving.

Tai Chi Chuan (sometimes called just Tai Chi or Taiji) is an exercise and martial art system from China. In vary forms it is practiced by nearly a billion people The health benefits that often come from the practice of Tai Chi include lower blood pressure, lower stress levels, better balance and more confidence in one's abilities. The slow and gentle movements allow many people practice Tai Chi well into their 90's.

The classes are open to all Center employees (PEO STRI / NAVAIR / Marine Corps / JSIMS / AFAMS / RDECOM employees and in-house support contractors).

What to wear:

- (1) Loose fitting, comfortable clothing (slacks, sweatpants or shorts)
- (2) Shoes should be comfortable and fit well (tennis shoe / sneakers best)

During the initial class, the following will be completed:

- Liability forms will be provided, and must be signed and returned that day
- An explanation of what will be taught in the class and how it will be taught
- Some basic limbering-up exercises, and the first movement or two of the Traditional Yang Long Form will be demonstrated and practiced

If you are under a doctor's care for any medical condition, you must first get the doctor's okay before participating.

The instructor for the class is Mr. John Davis. He has been practicing Tai Chi Chuan for nearly 20 years. He is a senior student of Master Cai Zurong, who is a senior student of Master Yau Hong-Gan.

If you have any questions about the class, you may contact John at:

John.Davis38@us.army.mil

Team Orlando Blood Drive 20 Sep 06

Blood and its derived products are some of the only natural materials that science has yet to find a way to develop synthetically. It is the "gift of life" that only human beings can give to one another. Center employees provide credit to your appropriate Blood Drive account.

SHAPE GYM Benefit

Sponsor by SHAPE / Navy Wellness.

All PEO STRI / NAVAIR Orlando / AFAMS Government employees are encouraged to take advantage of their employee benefit to use either Oviedo, Blanchard Park or Downtown YMCA locations. All you need to show is your Government CAC card and sign in.

Military / Civilian family dependents are included. You need to obtain a Dependent card for your children ages 10-18 and spouse that lives at same address. Dependents would be a person whom you deduct on your IRS taxes. Dependent cards are available at CMWRA Ship Store on Wednesdays, 1130-1300 (south of deFlorez 1041).

SHAPE Ideas

.... contact:

Gary Ashland	407-384-3945
Lorraine Tuliano	407-380-8683
Annie Lopez	407-380-8475
MSgt Jim Darity	407-384-5732

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